



Who can I talk to?

Who can I speak to during the holiday?

We want you to have an amazing holiday, but if you are **worried** or **just want someone to talk things through**, you can contact any of the organisations below. They offer **confidential advice, counselling** and links to other helpful **services**. Several of these organisations offer help and advice for parents too.

NSPCC

NSPCC tel: 0800 1111

<https://www.nspcc.org.uk/keeping-children-safe/>

ChildLine 

CHILDLINE tel: 0800 1111

<https://www.childline.org.uk/get-support/contacting-childline>

YOUNGMINDS
The voice for young people's mental health and wellbeing

YOUNGMINDS text: 85258

<https://youngminds.org.uk/find-help/get-urgent-help/>

CASY


CASY tel: 01636 704 620

<https://www.casy.org.uk/>

nottshelpyourself.org.uk

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